

prayer ● *for calmness*
● *of spirit*

In this world, there are so many things that I am afraid of. It never ceases to amaze me how weak I am and how strong you are.

You are the almighty, the all-powerful Lord and Creator. Nothing can ever faze you or cause you to stumble.

Lord, you know my heart and you alone fully know who I am. Because you love me and know me, I know that you understand my fears and that you have the power to bring healing.

I pray that the spirit of fear will no longer dwell within me for you are my God. I pray that I will be reminded that the spirit of fear is not of you and not from you.

So, in those moments when I feel weak, I pray that your spirit of peace and joy will fill my heart as I give all of who I am to you.

amen